

10-Week Half Marathon Training Schedule

If you have more than two but less than three months to train for your next half marathon, this 10-week training plan might be the perfect fit, especially for experienced runners. Beginners can even use this training plan, if they stick to it faithfully.

Bear in mind that you can always run the miles below using a one-to-one run-walk pace (run for one minute, walk for one minute, etc.). Or you can use a method like Jeff Galloway's Run-Walk-Run, in which you run for three minutes, walk for one minute, and so on.

Use your shorter, mid-week runs for building up your speed and ability to run shorter distances in better times, while using your longer weekend runs to build up your endurance and your ability to lengthen your miles more slowly.

We've included plans based on whether your race runs on a Saturday or a Sunday, so it's a good idea to follow the one that applies to you.

On days you don't do training runs, consider cross-training exercises – anything from [strength training](#) to walking a few miles, which will provide the cardiovascular benefits without the pounding impact that running can cause.

10-Week Training Plan							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	3 miles	4 miles	3 miles	off	5 miles	2-3 miles
2	off	3 miles	4 miles	3 miles	off	6 miles	2-3 miles
3	off	4 miles	5 miles	4 miles	off	7 miles	2-3 miles
4	off	4 miles	5 miles	4 miles	off	8 miles	3 miles
5	off	5 miles	6 miles	5 miles	off	9 miles	3 miles
6	off	5 miles	6 miles	5 miles	off	10 miles	3 miles
7	off	4 miles	5 miles	4 miles	off	11 miles	3 miles
8	off	4 miles	5 miles	4 miles	off	12 miles	2 miles
9	off	3 miles	5 miles	3 miles	off	5 miles	2 miles
10	off	3 miles	4 miles	3 miles	off	13.1 miles!	off